

SUNFLOWER LEAGUE TRACK AND FIELD CHAMPIONSHIPS

Friday, May 11, 2012

Olathe District Activities Complex

HOST	Olathe South Tim Quinn – tquinnos@olatheschools.org Cell – 913-481-3001 School – 913-780-7160 Fax – 780-7170
ENTRIES	Must be made at the following link: http://www.aspimeetz.com/16482 Entry deadline is 3:00 PM Thursday, 5/10/12. Only scratches allowed afterward.
RAINOUT	If it appears weather may be an issue, we will inform all schools by noon. If the meet is postponed due to weather, the meet will be held Saturday, May 12 th .
SCRATCHES	After final declarations are made on Thursday, only scratches will be allowed. Coaches need to make scratches at the timing tent by 2:30 PM to allow for proper seeding of races. All field events will scratch on site.
AWARDS/ RESULTS	Medals will be awarded to the top four places. Medals and results will be available after the conclusion of the meet.
SCORING	Top 8 will score as follows: 10-8-6-5-4-3-2-1
PRELIMINARIES	First place of each heat followed by next top times will advance to finals.
SECTIONS	4X800 Relay – One section – One turn alley start. 4x100, 4x400, Medley Relay – With 9 or more teams running, no fewer than 3 teams will run in the first section and 8 in the second section.
300 HURDLES/400	The 8 fastest runners will be run in the final section. No section will have fewer than 3 runners.
800/1600	Each race will be run in two sections to be determined at the scratch meeting.
3200	One section
TRACK SURFACE	All weather surface; this includes the javelin throw.
TRAINER	Trainers will be on site at the southwest corner opposite the finish line.
ADMISSION	Please inform your athletes' parents that there is an admission fee of \$7 for adults, \$5 for students and children. This reflects the new league admission price.
TENTS	Please place tents on the east side of track in the stands.

OPENING HEIGHTS	POLE VAULT	HIGH JUMP	(Conditions permitting)
	Girls 7' 6"	4' 6"	
	Boys 10' 6"	5' 8"	
TRIPLE JUMP	Boards are placed at 24', 32', and 40' from the pit.		
FLIGHTS	Best entries will be seeded into the last flight. Three preliminary throws or jumps will determine the top nine to finals for three more throws or jumps.		
IMPLEMENT WEIGH-IN	Weigh-in will be in the locker rooms just to the southwest of the stadium.		
RESTROOMS	These are located under the stands on the west side of the stadium only.		
CONCESSIONS	These will be available under the stands on the west side of the stadium.		
DINNER	This will be available to coaches and workers in the locker rooms to the southwest of the stadium.		

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HOSTED BY OLATHE SOUTH

FRIDAY, MAY 11, 2012

PRELIMINARIES (1ST event begins at 3:00)

3:00 – GIRLS 100 HURDLES

3:15 – BOYS 110 HURDLES

3:30 – GIRLS 100

3:45 – BOYS 100

4:00 – GIRLS 200

4:15 – BOYS 200

FIELD EVENTS (All events begin at 3:00)

GIRLS POLE VAULT followed by BOYS

GIRLS JAVELIN followed by BOYS

BOYS LONG JUMP followed by GIRLS LONG

GIRLS TRIPLE JUMP followed by BOYS TRIPLE

GIRLS HIGH JUMP followed by BOYS

BOYS DISCUS followed by GIRLS

GIRLS SHOT PUT followed by BOYS

FINALS – START AT 5:30

(All attempts will be made to stay on schedule.)

5:30 – GIRLS 4x800 RELAY

6:00 – GIRLS 100 HURDLES

6:10 – GIRLS 100

6:20 – MERLIN GISH SCHOLARSHIP ANNOUNCEMENT

6:30 – GIRLS 1600

7:00 – GIRLS 4x100 RELAY

7:10 – GIRLS 400

7:35 – GIRLS 300 HURDLES

8:00 – GIRLS 800

8:20 – GIRLS MEDLEY RELAY

8:50 – GIRLS 200

9:00 – GIRLS 3200

9:30 – GIRLS 4x400 RELAY

5:45 – BOYS 4x800 RELAY

6:05 – BOYS 110 HURDLES

6:15 – BOYS 100

6:45 – BOYS 1600

7:05 – BOYS 4x100 RELAY

7:20 – BOYS 400

7:50 – BOYS 300 HURDLES

8:10 – BOYS 800

8:35 – BOYS MEDLEY RELAY

8:55 – BOYS 200

9:15 – BOYS 3200

9:50 – BOYS 4x400 RELAY

THE TIME SCHEDULE WILL BE ADJUSTED IF NEEDED AFTER FINAL ENTRIES HAVE BEEN SUBMITTED.
IF THE MEET RUNS AHEAD OF SCHEDULE, WE WILL NOT RUN MORE THAN 10 MINUTES AHEAD.
IF THE MEET RUNS BEHIND, WE WILL DO EVERYTHING POSSIBLE TO CATCH UP.

MEDLEY RELAY ORDER – 200-200-400-800 * * * * * 4x800 – ONLY ONE SECTION WILL BE RUN
ALL OTHER RELAYS – WITH 8 TEAMS OR FEWER, ONE SECTION WILL BE RUN; WITH MORE THAN 8
TEAMS, THE FIRST SECTION WILL RUN WITH NO FEWER THAN 3 TEAMS

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PLEASE PROVIDE ENOUGH WORKERS TO WORK BOTH BOYS' AND GIRLS' COMPETITIONS. FLIGHT SHEETS, CLIPBOARDS, AND TAPE MEASURES WILL BE PROVIDED. COMPLETED RESULTS OF FIELD EVENTS SHOULD BE TURNED IN TO THE SCORER'S TABLE AT THE FINISH LINE. ALL FIELD EVENTS WILL BEGIN AT 3:00.

SHOT PUT – LAWRENCE

DISCUS – OLATHE EAST AND SM NORTH

JAVELIN – SM SOUTH

POLE VAULT – SM NORTHWEST AND LEAVENWORTH

HIGH JUMP – SM EAST

LONG JUMP – SM WEST AND OLATHE NORTHWEST

TRIPLE JUMP – OLATHE NORTH AND FREE STATE